

St Gabriel's Church,  
Aldersbrook  
[www.stgabrielsaldersbrook.org.uk](http://www.stgabrielsaldersbrook.org.uk)

### Weekly Newsletter

Candlemas  
Sunday 1<sup>st</sup> February

8.30am Holy Communion

10am All-Age Eucharist  
*Celebrant:* Rev. Canon Martyn  
Hawkes  
*Deacon:* Rev. Amy Taylor

5pm Forest Philharmonic - North  
and East London Young musician of  
the Year 2026

### This Week

#### **Morning Prayer**

9am Monday, Wednesday &  
Thursday

In person only and all welcome

#### **Evening prayer**

5pm Monday – Thursday  
On zoom and in-person

#### **Tuesday**

10:00am – 12 noon Open Church  
1.30pm Get-together group in  
church - a social gathering for  
company and conversation.

#### **Wednesday 4<sup>th</sup> February**

11am Holy Communion  
*Celebrant:* Rev. David Lappano

12 - 1.30pm Preschool Play Group  
3.30pm After School Club

7pm Soul Group.

Reflecting on Gifts of the Spirit:  
Wisdom. Do bring thoughts,  
questions and examples to share.  
Thank you.

#### **Thursday**

10:00 - 11:45 am Open Church  
10:15 - 11:15 am Tai Chi in church  
11:45am – 1pm. Meditation and  
Reflection in church  
1 - 2.15pm Yoga class in church.

#### **Sunday 8<sup>th</sup> February**

PCC meeting after church

*Items for weekly notices need to  
submitted by Thursday evening.  
([sarabertrand47@gmail.com](mailto:sarabertrand47@gmail.com))*

### **Grandparents Group**

After the service there is a chance  
for grandparents to come together &  
share their wisdom, wit & worries  
about supporting families with life  
& faith. Join us for tea & cake to  
find out more about what we're up to  
& meet others interested in talking  
& learning together about this  
crucial & often underestimated role  
in family life.

### **Magazine**

We are collecting articles for the  
next parish magazine. Please send  
articles to [teresasmith@me.com](mailto:teresasmith@me.com) .  
The closing date for articles is  
Saturday 7<sup>th</sup> February

### **Saturday 7<sup>th</sup> February**

7.30pm String quartet  
Contemporary and Scandinavian  
folk music plus artwork – see  
posters for more details

### **Can you help please?**

Do you have a van? Could you give  
a half day? We have a pile of  
unwanted furniture and rubbish to  
move and we would rather not have  
to pay for its removal! If there is any  
way you might help, please contact  
Rusty at [Rusty@Livock.com](mailto:Rusty@Livock.com)

### **Holiday Club 2026 - Dream.**

Please put our annual Holiday Club  
in your diaries, thoughts & prayers!  
21<sup>st</sup> - 24<sup>th</sup> July with a set up day on  
the 20<sup>th</sup>. Clare and Anthony are on  
the lookout for anyone who can help  
us bring some fun to the start of the  
summer holidays for local children.  
All ages, experience and abilities  
welcomed.  
[stgabrielsfamilies@gmail.com](mailto:stgabrielsfamilies@gmail.com)

### **Saturday 14<sup>th</sup> February**

2-4pm Messy Church - Reflect!  
As well as activities that explore  
literal reflections & echoes we will  
be reflecting on our priorities. Clare  
would be grateful to hear from those  
interested in getting involved– all  
talents embraced! You are all invited  
to come along & enjoy St Gs' most  
relaxed & creative worship for all.  
Please publicise this for us.

### **Sunday 15<sup>th</sup> February**

Redbridge Brass - Film music  
See posters and fliers in church or  
online for details

As we come to the end of our  
Christmas/Epiphany celebrations we  
turn our attention towards Lent and  
the Cross.

### **Lent course**

We are joining with the diocese in  
100 days of prayer, as together we  
seek to chart a way to a sustainable  
pattern of ministry. The course  
offers a reflective reading of  
scripture together & conversation on  
one of the Diocese core values.  
There are two times to join -  
Wednesday evening at 7pm (church)  
& Monday lunchtime (venue to be  
agreed). Please do sign up for one or  
the other if you can.

### **Palm crosses**

If you still have your palm cross  
from last year please return it to  
church so that we can make the ash  
for our Ash Wednesday services

### **Prayer list**

We're looking at how we manage  
our prayer list. If you're aware of  
someone on the list that is in a more  
stable place please speak to Amy or  
Martyn to provide an update. In  
different ways it would be good to  
be able to keep the printed sheet to a  
manageable size.

### **For Our Prayers**

#### **For those who are sick:**

Saadia Akmal, Michelle Baker,  
Joyce Demetriou, Peter Ellis,  
Jennifer Hale, Kelly Harmsworth,  
Nicky Hooper, Faye Jackman,  
Doreen Karsondas, Janis Lalor, Jack  
Lewis, John Mitchell, Angela Ng,  
Marie Norman, Judy Scrivener,  
William Starling, Jean Umoh,  
Kamalasan Vilait, Julie Waite-  
Wilson, Anita Watts, Mary Watts,  
Shirley Yick & those on the Prayer  
Board

#### **For the recently departed;**

Naiomi Jones, Shu Fan Ng

#### **and those whose anniversaries occur at this time:**

Christine Fiedorczyk, Kate Swain,  
Frederick Adams, Phil Christie,  
Catherine Rhys, Elizabeth Allan,  
Olive Bidmead, Thomas Gasper